



Malibu, shown by Pearce Edwards, won Supreme Heifer in the 2019 Holmes County 4-H Livestock Show held Saturday, January 26 at the Holmes County Livestock Barn in Lexington. (Photo by Julie Ellison)



Olivia and Orin Howell showed the Champion Wether Dam in the 2019 Holmes County 4-H Livestock Show held Saturday, January 26 at the Holmes County Livestock Barn in Lexington. (Photo by Julie Ellison)



John Thomas Murtagh showed the Champion Chester White in the 2019 Holmes County 4-H Livestock Show held Saturday, January 26 at the Holmes County Livestock Barn in Lexington. (Photo by Julie Ellison)



Cameron Martin showed the Reserve Champion Hampshire in the 2019 Holmes County 4-H Livestock Show held Saturday, January 26 at the Holmes County Livestock Barn in Lexington. (Photo by Julie Ellison)



Anna Duke showed the Reserve Champion Duroc in the 2019 Holmes County 4-H Livestock Show held Saturday, January 26 at the Holmes County Livestock Barn in Lexington. (Photo by Julie Ellison)



Lillie and Bennett Word showed the Champion Market Barrow in the 2019 Holmes County 4-H Livestock Show held Saturday, January 26 at the Holmes County Livestock Barn in Lexington. (Photo by Julie Ellison)

Heart attacks linked to e-cigarettes

One quick Google search of “electronic cigarettes and teens” and you can find yourself in a sea of videos of young people playing smoke games while inhaling and blowing huge scented clouds of smoke. Mix that so-called fun with the fact that the Tobacco Industry has been creating the perception that electronic cigarettes (e-cigarettes) are a healthy al-

ternative to tobacco consumption, and you get a dangerous increase in people using a device with many unanswered questions regarding its overall safety and long term impact.

According to a new analysis of a survey of nearly 70,000 people, led by researchers at UC San Francisco, daily e-cigarette use can nearly double the odds of a heart attack. The

study, which was published in the American Journal of Preventive Medicine, also found that dual use of e-cigarettes and conventional cigarettes – the most common use pattern among e-cigarette users – appears to be more dangerous than using either product alone.

“E-cigarettes are the most commonly used smoking

products, especially among youth,” said Amy Winter, Director of the Office of Tobacco Control at the Mississippi State Department of Health. “With so many unanswered questions about the potentially harmful effects of e-cigarettes, the consequences could be immeasurable.”

There was a nine-fold increase in e-cigarette use from

2011 to 2015, according to the Journal of the American Heart Association. There is increasing evidence that e-cigarettes release significant levels of toxicants. Such evidence not only suggests that smokers may be harmed, but nonsmokers too.

“Vaping is a national epidemic,” said Sharon Nettles, Director of the Mississippi Tobacco-Free Coalition of Madison, Yazoo, and Hol-

mes Counties. “It has greatly surpassed the use of other tobacco products such as cigars, hookahs and chewables. Adults and parents have to stay educated on these devices for themselves, their children and youth as a whole.”

For help with quitting and information on the health dangers of tobacco products visit www.quitlinems.com, or call the Mississippi Tobacco Quitline at 1-800-QUIT-NOW.